

Name: Mamba Mental **Start Date:** 09/09/2024 **End Date:** 12/30/2024 **Age:** 46 **Gender:** Male **Height:** 5'9" (175.3 cm) **Initial Weight:** 245.6 **Goal Weight:** 217.0 **Initial Body Fat:** 30.5 **Goal Body Fat:** 7.0 **Activity Level:** Little to no exercise **Experience Level:** 4 **Initial Rmr:** 3326.375 **Initial Tdee:** 4215.15 **Tef:** 73.5 **Neat:** 150 **Initial Daily Calorie Intake:** 1929.2975 **Workout Type:** 1 **Workout Frequency:** 3 **Volume Score:** 0.42857142857142855 **Intensity Score:** 0.8 **Frequency Score:** 1.0 **Resistance Training:** Yes **Athlete Status:** Yes

Weekly Progress

- **Date:** 090924
- **Weight:** 245.6
- **Body Fat Percentage:** 30.5
- **Daily Calorie Intake:** 1929.2975
- **Tdee:** 4215.15
- **Weekly Caloric Output:** 0
- **Total Weight Lost:** 0
- **Lean Mass:** 170.692
- **Fat Mass:** 74.908
- **Muscle Gain:** 0
- **Rmr:** 3326.375
- **Date:** 091624
- **Weight:** 241.74390232974912
- **Body Fat Percentage:** 29.36062462350974
- **Daily Calorie Intake:** 2146.3707861245516
- **Tdee:** 4215.044621249999
- **Weekly Caloric Output:** 14480.716845878133
- **Total Weight Lost:** 3.8560976702508754
- **Lean Mass:** 170.76638261648748
- **Fat Mass:** 70.97751971326166
- **Muscle Gain:** 0.28125
- **Rmr:** 3326.375
- **Date:** 092324

- **Weight:** 237.873428324359
- **Body Fat Percentage:** 28.1802731731498
- **Daily Calorie Intake:** 2024.9378327873405
- **Tdee:** 4100.799835482395
- **Weekly Caloric Output:** 14531.03401886538
- **Total Weight Lost:** 7.726571675640997
- **Lean Mass:** 170.84004641621794
- **Fat Mass:** 67.03338190814105
- **Muscle Gain:** 0.28125
- **Rmr:** 3287.814023297491
- **Date:** 093024
- **Weight:** 233.9874126564156
- **Body Fat Percentage:** 26.956355817401445
- **Daily Calorie Intake:** 1903.0701082317328
- **Tdee:** 3986.7029422034416
- **Weekly Caloric Output:** 14585.429837801961
- **Total Weight Lost:** 11.612587343584408
- **Lean Mass:** 170.91293313282077
- **Fat Mass:** 63.0744795235948
- **Muscle Gain:** 0.28125
- **Rmr:** 3249.1092832435897
- **Date:** 100724
- **Weight:** 230.08449055626812
- **Body Fat Percentage:** 25.68600599091736
- **Daily Calorie Intake:** 1780.625161426361
- **Tdee:** 3872.711211500094
- **Weekly Caloric Output:** 14644.602350516132
- **Total Weight Lost:** 15.515509443731872
- **Lean Mass:** 170.9849745278134

- **Fat Mass:** 59.099516028454715
- **Muscle Gain:** 0.28125
- **Rmr:** 3210.2491265641556
- **Date:** 101424
- **Weight:** 226.16304244390096
- **Body Fat Percentage:** 24.366029138193536
- **Daily Calorie Intake:** 1657.4267041429712
- **Tdee:** 3758.7757603265463
- **Weekly Caloric Output:** 14709.443393285026
- **Total Weight Lost:** 19.43695755609903
- **Lean Mass:** 171.05608962219503
- **Fat Mass:** 55.106952821705924
- **Muscle Gain:** 0.28125
- **Rmr:** 3171.219905562681
- **Date:** 102124
- **Weight:** 222.2211161158759
- **Body Fat Percentage:** 22.99283533588184
- **Daily Calorie Intake:** 1533.251881129036
- **Tdee:** 3644.840045141555
- **Weekly Caloric Output:** 14781.117148087633
- **Total Weight Lost:** 23.378883884124093
- **Lean Mass:** 171.12618080579378
- **Fat Mass:** 51.09493531008213
- **Muscle Gain:** 0.28125000000000006
- **Rmr:** 3132.0054244390094
- **Date:** 102824
- **Weight:** 218.2563138838603
- **Body Fat Percentage:** 21.56234788914731
- **Daily Calorie Intake:** 1407.811664812094

- **Tdee:** 3530.8377808199084
- **Weekly Caloric Output:** 14861.1828120547
- **Total Weight Lost:** 27.343686116139708
- **Lean Mass:** 171.195128194193
- **Fat Mass:** 47.06118568966728
- **Muscle Gain:** 0.28124999999999994
- **Rmr:** 3092.586161158759
- **Date:** 110424
- **Weight:** 214.26562252394132
- **Body Fat Percentage:** 20.06987443491514
- **Daily Calorie Intake:** 1280.7192928029613
- **Tdee:** 3416.6899727624414
- **Weekly Caloric Output:** 14951.79475971636
- **Total Weight Lost:** 31.334377476058677
- **Lean Mass:** 171.26278112619704
- **Fat Mass:** 43.00284139774427
- **Muscle Gain:** 0.28125
- **Rmr:** 3052.9381388386028
- **Date:** 111124
- **Weight:** 210.24514474804755
- **Body Fat Percentage:** 18.509916153964642
- **Daily Calorie Intake:** 1151.4366274754461
- **Tdee:** 3302.3005154223256
- **Weekly Caloric Output:** 15056.047215628156
- **Total Weight Lost:** 35.35485525195244
- **Lean Mass:** 171.32894473740237
- **Fat Mass:** 38.9162000106452
- **Muscle Gain:** 0.28124999999999994
- **Rmr:** 3013.0312252394133

- **Date:** 111824
- **Weight:** 206.20477816789423
- **Body Fat Percentage:** 16.88159923780056
- **Daily Calorie Intake:** 1080.4041450383227
- **Tdee:** 3241.212435114968
- **Weekly Caloric Output:** 15125.658030536513
- **Total Weight Lost:** 39.39522183210576
- **Lean Mass:** 171.39411390839467
- **Fat Mass:** 34.810664259499575
- **Muscle Gain:** 0.28125
- **Rmr:** 2972.8264474804755
- **Date:** 112524
- **Weight:** 202.24213824658554
- **Body Fat Percentage:** 15.21887036060149
- **Daily Calorie Intake:** 1060.9724803271763
- **Tdee:** 3182.9174409815287
- **Weekly Caloric Output:** 14853.614724580464
- **Total Weight Lost:** 43.357861753414454
- **Lean Mass:** 171.46316941232925
- **Fat Mass:** 30.778968834256297
- **Muscle Gain:** 0.28125
- **Rmr:** 2932.4227816789426
- **Date:** 120224
- **Weight:** 198.35559106327977
- **Body Fat Percentage:** 13.520950615180682
- **Daily Calorie Intake:** 1041.9492958264455
- **Tdee:** 3125.8478874793364
- **Weekly Caloric Output:** 14587.290141570236
- **Total Weight Lost:** 47.24440893672022

- **Lean Mass:** 171.53602955316396
- **Fat Mass:** 26.819561510115808
- **Muscle Gain:** 0.28125
- **Rmr:** 2892.7963824658555
- **Date:** 120924
- **Weight:** 194.54354148520378
- **Body Fat Percentage:** 11.89224361457767
- **Daily Calorie Intake:** 1023.3248945189998
- **Tdee:** 3069.9746835569995
- **Weekly Caloric Output:** 14326.548523265998
- **Total Weight Lost:** 51.05645851479622
- **Lean Mass:** 171.40794959535637
- **Fat Mass:** 23.135591889847404
- **Muscle Gain:** 0.28125
- **Rmr:** 2853.930910632798
- **Date:** 121624
- **Weight:** 190.8044321776339
- **Body Fat Percentage:** 10.228938756970004
- **Daily Calorie Intake:** 1005.0898268924622
- **Tdee:** 3015.2694806773866
- **Weekly Caloric Output:** 14071.257576494472
- **Total Weight Lost:** 54.79556782236608
- **Lean Mass:** 171.28716366459938
- **Fat Mass:** 19.51726851303454
- **Muscle Gain:** 0.28125
- **Rmr:** 2815.810414852038
- **Date:** 122324
- **Weight:** 187.1622728727248
- **Body Fat Percentage:** 8.541358198554983

- **Daily Calorie Intake:** 1000
- **Tdee:** 2961.7046524545626
- **Weekly Caloric Output:** 13731.932567181939
- **Total Weight Lost:** 58.437727127275195
- **Lean Mass:** 171.17607273410846
- **Fat Mass:** 15.986200138616327
- **Muscle Gain:** 0.28125000000000006
- **Rmr:** 2778.419321776339
- **Date:** 123024
- **Weight:** 184.34154326248222
- **Body Fat Percentage:** 7.157593592785867
- **Daily Calorie Intake:** 1358.517138142109
- **Tdee:** 2909.5069432633936
- **Weekly Caloric Output:** 10856.928635848994
- **Total Weight Lost:** 61.258456737517776
- **Lean Mass:** 171.14712477308422
- **Fat Mass:** 13.194418489398014
- **Muscle Gain:** 0.28125
- **Rmr:** 2741.9977287272477

Body Composition Changes

- **Category:** Obese
- **Body Fat Percentage:** 30.5
- **Date Reached:** 09/09/2024
- **Description:** Significant excess fat all around
- **Time To Six Pack:** 12+ months
- **Category:** Obese
- **Body Fat Percentage:** 29.36062462350974
- **Date Reached:** 09/16/2024

- **Description:** Significant excess fat all around
- **Time To Six Pack:** 12+ months
- **Category:** High Body Fat
- **Body Fat Percentage:** 28.1802731731498
- **Date Reached:** 09/23/2024
- **Description:** Excess fat all around, round physique
- **Time To Six Pack:** 6-12 months
- **Category:** High Body Fat
- **Body Fat Percentage:** 26.956355817401445
- **Date Reached:** 09/30/2024
- **Description:** Excess fat all around, round physique
- **Time To Six Pack:** 6-12 months
- **Category:** High Body Fat
- **Body Fat Percentage:** 25.68600599091736
- **Date Reached:** 10/07/2024
- **Description:** Excess fat all around, round physique
- **Time To Six Pack:** 6-12 months
- **Category:** High Body Fat
- **Body Fat Percentage:** 24.366029138193536
- **Date Reached:** 10/14/2024
- **Description:** Excess fat all around, round physique
- **Time To Six Pack:** 6-12 months
- **Category:** Above Average
- **Body Fat Percentage:** 22.99283533588184
- **Date Reached:** 10/21/2024
- **Description:** No visible abs, excess fat
- **Time To Six Pack:** 4-6 months
- **Category:** Above Average
- **Body Fat Percentage:** 21.56234788914731

- **Date Reached:** 10/28/2024
- **Description:** No visible abs, excess fat
- **Time To Six Pack:** 4-6 months
- **Category:** Above Average
- **Body Fat Percentage:** 20.06987443491514
- **Date Reached:** 11/04/2024
- **Description:** No visible abs, excess fat
- **Time To Six Pack:** 4-6 months
- **Category:** Average
- **Body Fat Percentage:** 18.509916153964642
- **Date Reached:** 11/11/2024
- **Description:** Little muscle definition, soft look
- **Time To Six Pack:** 3-4 months
- **Category:** Average
- **Body Fat Percentage:** 16.88159923780056
- **Date Reached:** 11/18/2024
- **Description:** Little muscle definition, soft look
- **Time To Six Pack:** 3-4 months
- **Category:** Average
- **Body Fat Percentage:** 15.21887036060149
- **Date Reached:** 11/25/2024
- **Description:** Little muscle definition, soft look
- **Time To Six Pack:** 3-4 months
- **Category:** Lean
- **Body Fat Percentage:** 13.520950615180682
- **Date Reached:** 12/02/2024
- **Description:** Some muscle definition, less visible abs
- **Time To Six Pack:** 2-3 months
- **Category:** Lean

- **Body Fat Percentage:** 11.89224361457767
- **Date Reached:** 12/09/2024
- **Description:** Some muscle definition, less visible abs
- **Time To Six Pack:** 2-3 months
- **Category:** Lean
- **Body Fat Percentage:** 10.228938756970004
- **Date Reached:** 12/16/2024
- **Description:** Some muscle definition, less visible abs
- **Time To Six Pack:** 2-3 months
- **Category:** Very Lean
- **Body Fat Percentage:** 8.541358198554983
- **Date Reached:** 12/23/2024
- **Description:** Visible abs, vascularity, striations
- **Time To Six Pack:** 3-4 weeks
- **Category:** Very Lean
- **Body Fat Percentage:** 7.157593592785867
- **Date Reached:** 12/30/2024
- **Description:** Visible abs, vascularity, striations
- **Time To Six Pack:** 3-4 weeks

Total Weeks: 16 **Total Weight Loss:** 61.258456737517776 **Total Bf Loss:** 23.342406407214135 **Final Weight:** 184.34154326248222 **Final Body Fat:** 7.157593592785867 **Avg Weekly Loss:** 3.828653546094861 **Total Muscle Gain:** 4.5 **Final Daily Calorie Intake:** 1358.517138142109 **Final Tdee:** 2909.5069432633936 **Adaptation Percentage:** 30.975008166651396 **Lean Mass Preserved:** 100.2666350930824 **Avg Muscle Gain:** 0.28125 **Final Body Fat Category:** Very Lean **Final Body Fat Description:** Visible abs, vascularity, striations **Final Time To Six Pack:** 3-4 weeks